

RECIPE IDEA:

Peanut Butter Banana Oat Smoothie

INGREDIENTS

- 1/4 C old fashioned rolled oats
- 2 Tbsp creamy peanut butter
- 1 whole banana
- 1/2 C milk or milk substitute of choice
- 1 tsp chia seeds, *optional*
- 1-2 Tbsp cocoa powder, *optional*



Serves 1

Allergens: milk, peanuts

DIRECTIONS

1. Add all of the ingredients to a blender.
2. Blend until the smoothie is creamy and lump free.
3. Pour into a glass and garnish with banana slices and oats if desired. Serve immediately or place in the refrigerator until ready to eat.

Nutrition Facts	
Serving size	1 smoothie
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 54g	20%
Dietary Fiber 7g	25%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	